



McINTOSH Times

Hub of the Thirteen Townships

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WEM Junior High presents "We Loathe Our Customers" this weekend



On Friday, March 6th (7:00 pm) and Sunday, March 8th (3:00 pm), Win-E-Mac 7th through 9th graders are performing a one-act play called "We Loathe Our Customers" on the Win-E-Mac Arts & Event Center stage. In this play, Bailey (Ella Strom) and Campbell (Sydney Svalen) work at an office supply store, and they both love the customers. Specifically, they love to torment them. But when word comes of an impending visit from the district manager, Campbell and Bailey are forced to try and behave themselves as they deal with the most obnoxious bunch of customers they've ever encountered. Back row (L-R): Carter Knutson, Laila Roragen, Brooklyn Gunderson, Jayden Gensburger, Caleb Green; Front row (L-R): Evie Ryan, Ella Strom, Kianna Tadman, Sydney Svalen, Alyssa Morberg, Erich Gensburger. (Not pictured: Bret DuChamp)



Community Calendar

- Wed. March 4:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. March 5:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri March 6:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 9:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am
- Tue March 10:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Township Election Day
- Wed. March 11:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. March 12:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting 5:30pm @ Community Center
- Fri. March 13:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 16:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue March 17:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



The Patriot ladies hosted Parents night at the Win-E-Mac School and honored the players parents prior to the Varsity basketball game. Pictured is Senior Patriot, Elliana Lindberg and her parents, Troy and Liz.



Carlie Sander and her parents, Brad and Melissa.



Lindsey Espeseth and her parents, Dan and Karen.

Ferden elected to MREA board

The Minnesota Rural Education Association (MREA) Board of Directors recently elected officers for 2020 that will lead the organization's focus on what puts learners first. The MREA Board brings together school board members, school administrators, teachers, and education leaders. The Board is comprised of 21 persons – 16 representative directors elected by the membership (four per zone) and five statewide directors appointed by the Board.

The officers for 2020 include President Lance Bagstad, Superintendent at Park Rapids Public Schools; President-Elect Karen Jacobson, Executive Director at Minnesota River Valley Education District; Secretary-Treasurer Matt Schultz, Superintendent at Lanesboro Public Schools;



Jim Ferden
Committee At-Large Jim Ferden, Board Chair at Win-E-Mac Public Schools; and Past President Lee Carlson, teacher at Windom Public Schools. MREA is the only advocate exclusively for Greater Minnesota education. Under the leadership of school board members, administrators, teachers and community members, MREA focuses on what puts learners first to bring about our best possible future.



Daylight Saving Time Begins

March 8



The latest pinochle player to get the elusive "double rope" was Rick Ford, last Thursday evening. He is pictured here with his playing partner, Dan Dierkes (standing), who passed him the cards he needed to complete the hand. Gracious losers of the game were Earl Roed (left) and Lloyd Schleicher (right). Everyone of all playing levels is welcome to join the group at 9:30 Monday mornings and 6:30 Thursday evenings. Coffee and treats add to the good conversation each week with this fun group of pinochle players!

Polar Beach Snowmobile Club Fun Run Feb 1st

Brooks: Carols Cozy
Erskine: The Deuce
McIntosh: Little Bobby's
Oklee: TJ's Tavern
Gully: Shortys
Winger: Liquor Pigs

The Polar Beach Snowmobile Club Does Not Condone Drinking and Riding

Signature _____

Please obey all traffic laws. Polar Beach Snowmobile Club is not responsible for accidents, damage, injuries or other such events. It is the Participants responsibility to hold onto playing sheet/lost sheets will not be replaced/refunded. All decisions are final. Polar Beach Snowmobile Club reserves the right to reject any playing sheet at their discretion. Hands must be submitted by 7:00 pm. Only one set of five cards per hand can be played.

Polar Beach Fun Run is this Saturday

The Polar Beach Snowmobile Club will have a Fun Run on Saturday, March 7th.

Registration for the run starts at 10:00 am with the Run starting at 11:00 am. Sign up is at Little Bobby's Bar & Grill in McIntosh where the Run will start and finish.

The run will end at 6:00 pm and drawings will take place at 7:00 pm.

The price is \$5 per hand with unlimited hands for each rider.

The rules are each rider

must stop at a minimum of 6 stops along the trail which means you can have as many as 6 cards.

All cards are to be drawn at the end of the night at Little Bobby's.

Players are to ride to the bars and get a stamp at each stop. The number of stamps determine the number of cards drawn.

The best legal 5 cards poker hand wins and there will be prizes for first through fourth place.

First place will be 50 percent of the money take and second place will be 25 percent. There will be door prizes for third and fourth place.

Hands must be submitted to Polar Beach Snowmobile Club by 7:00 pm at Little Bobby's Bar & Grill.

Live music will follow later in the evening.

See the Fun Run map above for a listing of stops.

See a Polar Beach Snowmobile Club member for more information.

Announcing the launch Minnesota Network

\$450,000 awarded to seven organizations connecting the statewide startup ecosystem.

Launch Minnesota has awarded grants to six organizations that will lead regional hubs and one statewide partner to establish a network to advance Minnesota's innovation ecosystem. These seven organizations, along with nearly 60 program partners, will form the Launch Minnesota Network to help Minnesota-based high-tech startups take their businesses from concept to launch.

"The Launch Minnesota Network will empower and connect entrepreneurs across Minnesota to help get their companies off the ground," said

Launch Minnesota's Executive Director Neela Mollgaard. "Working together, we can make Minnesota's innovation economy a national leader."

"The journey of an entrepreneur can seem intimidating," said Jodi Hubler, chair of the Launch Minnesota advisory board. "We hope the Launch Minnesota Network will encourage more creative Minnesotans to take the risk, because a network is there waiting to help them succeed."

The state will have a regional hub for each section of the state, with grant-funded organizations leading each of the regional hubs, which consist of local program partners. The Northwest Minnesota regional

hub is the Greater Bemidji Launch Pad.

In addition, the University of Minnesota will serve as a statewide partner, providing online courses on the lean startup model, plus working with Launch Minnesota to enhance events and mentoring opportunities for entrepreneurs.

Each of the seven organizations have been awarded grants ranging from \$50,000 to \$75,000. All grants require at least a one-to-one match and have already leveraged a total of nearly \$900,000 in private dollars. The grants and private match dollars will empower the Launch Minnesota Network to provide:

- Coordinated outreach, programming, education, and events to support startups at each stage of their business
- Physical spaces for entrepreneurs to collaborate
- Shared best practices between regions

Boost your chances of getting a new job

The recruiting strategist ERE Recruiting Intelligence estimates that 250 résumés are submitted for each corporate job opening, and the first submission occurs within 200 seconds after a position is posted. In such an environment, procrastination can be costly.

There also is stiff competition for those who think they'll simply keep a résumé posted online and wait for the jobs to roll in. BeHiring says the popular job-hunting site Monster.com receives 427,000 résumé postings each and every week. Getting a better idea of how the hiring process works today can improve professionals' chances of getting a new job or even switching careers.

Understand there is a "hiring funnel"

Recruiters use a specific model for every job posting. Informally dubbed the "hiring funnel," this is a reference to the number of total applications they need to generate in order to get a single hire. On average of the 1,000 who see an online job posting, 200 will begin the application process, 100 will actually follow through and only 25 résumés will be screened out, according to Talent Function Group, LLC. Among that final 25, be-

tween four and six will ultimately be invited for an interview.

Be creative with a résumé

Hundreds of people are vying for the same job, and human resources personnel who review applicants may spend 10 seconds reading over each résumé. As a result, it is essential to make a résumé stand out. Areas most perused on a résumé include job titles, companies worked for, start/end dates, and education. Make sure these key areas are visible and impressive.

Also, many résumés are scanned electronically, meaning if you do not format a résumé the correct way or use the applicable software mentioned (often PDF formatting is rejected), the résumé may never get flagged and seen.

New job..

Continued on page 3 ...

NOTICE Notice of Annual Meeting and Election

The annual election for Lessor Township will run from 5:00 pm to 8:00 pm on Tuesday, March 10th, 2020. The Township's Annual Meeting will follow at 8:00 pm. In case of a storm, the election and meeting will take place at the same times the following Tuesday, March 17, 2020.
 Albert Plante
 Lessor Township Clerk M49-50C

NOTICE

Election and Annual Meeting Hill River Township

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Tuesday, March 10, 2020 at the Hill River Town Hall.

The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect

- one (1) Supervisor**
for a term of three (3) years and
- one (1) Clerk/Treasurer**
for a term of two (2) years.

The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting.

If necessary, the storm date shall be one week later. Notice will then be given over the Fossston Radio Station.

Raymond O. Sundrud,
 Clerk/Treasurer
 Hill River Township M49-50C



Community Birthday and Anniversary Calendar

Wed. March 4:
 David Votava, Ryan Krossen, Rudy Hoffman

Thurs. March 5:
 Chad Burslie, Rick Grove, Sam Finseth, Patrick Paskvan

Sat. March 7:
 Jarrod Graff, Hannah Smeby, Joe Shimpia, Felly Carlson

Sun. March 8:
 Tanner Graff, Michael Sylstad, Tara Burthwick, Wade Hedlund

Monday, March 9:
 Dennis Boucher

Tues. March 10:
 David Hagen, Lori Roed, Anna Tofstad, *Scot & Emily Carlson

Notice of Polk County Road Restrictions March 2020

The effective date of road restrictions on all Polk County roads will be concurrent with the placement of restrictions on Minnesota Trunk Highways in the North Central Zone of Minnesota. MNDOT's Road Restriction announcements are published at www.mnr.dot.state.mn.us and click on Seasonal Load Limits.

Restriction limits are based on gross axle weights and includes weight of both the vehicle and the load it carries.

The erection of signs on any highway governs the effective date of the restriction. As long as signs remain in place, restrictions are in effect.

No permits for overweight axle loads exceeding legal or posted axle weights will be issued during this time.

During the period when road restrictions are in effect, any county or town road is restricted to 10,000 pounds gross weight per axle unless otherwise posted. If no signs are erected, the 10,000 pound gross weight provision shall apply.

Richard C. Sanders, Polk County Engineer M50C

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"Serving the Win-E-Mac area"

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ST. MARY'S CHURCH

Fosston
Fr. John Suvakeen, Pastor

Sun. March 8: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. March 15: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou
Supply Pastor
Gordon Syverson

Sun. March 8: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. March 15: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Supply Pastor
Gordon Syverson

Sun. March 8: 11:15am Worship Service.

Sun. March 15: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent
Gary Johnson, Pastor
www.gosen-church.com

Face Book: Gosen Church

Wed, March 4: 6:30pm Bible Study at Sharon Ramberg's

Sun., March 8: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues, March 10: 10:00am Sunday worship service telecast on GVTV--30; 1:30pm Bible Study at The Pioneer Memorial Care Center

Wed, March 11: 6:30pm Bible Study at Sharon Ramberg's

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson
 Thurs. March 5: 7:00am Men's Breakfast at Mt. Carmel

Sun. March 8: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt. Carmel Sunday School for all ages; 11:00 Trinity Worship;

Thurs. March 12: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh
Pastor Jill Torgerson

Sun. March 8: 9am Worship; fellowship coffee following worship

Sun. March 15: 9am Worship; fellowship coffee following worship

DOVRE FREE LUTHERAN

Pastor Don Edlunds

Sun. March 8: 10:00am Worship Service and Children's Sunday School

Sun. March 15: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh
Pastor Bruce Blocker,

Sun. March 8: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. March 15: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC

Erskine, Minnesota
Fr. Mike Sletto

Sun. March 8: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

Sun. March 15: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH

Erskine
Pastor Joel Smeby

Wed. March 4: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. March 7: 8:00am Men's Prayer Group

Sun. March 8: 10:00am Worship

Wed. March 11: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. March 14: 8:00am Men's Prayer Group

Sun. March 15: 10:00am Worship

March 16th is the deadline to enroll in Annual Farm Program

The East Polk County Farm Service Agency (FSA) Offices want to remind area producers that March 16, 2020, is the deadline for producers to make an election decision on whether to enroll crop acreage bases in the Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) programs. Producers are also reminded that March 16, 2020 is the deadline to enroll farm(s) in the ARC/PLC program for the 2019 crop year. To better serve producers the ARC/PLC Program election process is being conducted by appointment.

If a program election is not made by the deadline the farm will automatically be defaulted to the previous election(s) on the farm under the 2014 Farm Bill for the 2019 & 2020 crop years and would not be eligible for any potential payments earned for 2019. Starting with the 2021 crop year producers can make annual elections on the farm for the 2021, 2022, and 2023 crop years.

If producers are close to making a decision on which program to elect, they are encouraged to make their election now because you can always change your mind up until the March 16 deadline.

The decision to choose which program(s) to elect is made by all producers on the farm who have an interest in a commodity on the farm. If the farm is cash rented, then the decision can be made by the operator.

If it is share rent, then the operator, and any producer(s) who have a share in a crop(s) on the farm, would have to make a unanimous decision on program(s) election and sign the applicable forms by the March 16 deadline.

The ARC-County (ARC-CO) program provides revenue loss coverage at the county level. ARC-CO payments are issued when the actual county crop revenue for a covered commodity is less than the

ARC-CO guarantee for the covered commodity. The ARC-CO guarantee equals 86 percent of the previous five-year national Market Year Average (MYA) price, excluding the years with the highest and lowest price, multiplied by the five-year average county yield, excluding the years with the highest and lowest yields.

The PLC program payments are issued when the effective price, the higher of the MYA or national loan rate for the covered commodity, is less than the reference price for the applicable covered commodity. ARC-CO & PLC payments are not dependent on the crops planted or considered planted on the farm for the current year but are determined by the applicable bases on the farm.

ARC-Individual Coverage (ARC-IC) program provides revenue loss coverage at the farm level. ARC-IC revenue loss payments are made when the current year revenue for the ARC-IC farm for all covered commodities planted on the ARC-IC farm falls below 86 percent of the ARC-IC farm benchmark revenue.

Prevented plant acreage is not included in ARC-IC current year revenue unless 100% of the covered commodities on the ARC-IC farm were approved for prevented planting by FSA. An ARC-IC farm includes all farms within a State that the applicable producer elected ARC-IC coverage for.

The decision to elect ARC-CO or PLC is made on a commodity-by-commodity basis on the applicable farm. If ARC-IC is elected, then all covered commodities on the farm are enrolled in ARC-IC.

Producers with questions about the ARC/PLC Program Election process or who wish to schedule an appointment should contact the East Polk County FSA Office at 218-563-3615 ext. 2 or contact their local FSA County Office.

USDA designates Primary Natural Disaster Areas

Emergency Support to Producers in Surrounding Counties/Border States Also Available.

Agriculture Secretary Sonny Perdue designated seven Minnesota counties as primary natural disaster areas.

Producers who suffered losses due to recent weather events may be eligible for U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) emergency loans.

These natural disaster designations allow FSA to extend much-needed emergency credit to producers recovering from natural disasters.

Emergency loans can be used to meet various recovery needs including the replacement of essential items such as equipment or livestock, reorganization of a farming operation or the refinancing of certain debts.

Excessive Rain and Flooding

Producers in Beltrami, Clearwater, Kittson, Polk, and Yellow Medicine counties, who suffered losses due to excessive rain and flooding that occurred from April 11, 2019, through Nov. 30, 2019, are eligible to

apply for emergency loans.

Producers in the contiguous Minnesota counties of Becker, Cass, Chippewa, Hubbard, Itasca, Koochiching, Lac Qui Parle, Lake of the Woods, Lincoln, Lyon, Mahanomen, Marshall, Norman, Pennington, Red Lake, Redwood, Renville, and Roseau, are also eligible to apply for emergency loans.

Excessive Rain, Flooding and Excessive Snow

Producers in Marshall County who suffered losses due to excessive rain, flooding and excessive snow that has occurred since Sept. 21, 2019, are eligible to apply for emergency loans.

Producers in the contiguous Minnesota counties of Beltrami, Kittson, Pennington, Polk, and Roseau, along with Grand Forks, Pembina, and Walsh counties in North Dakota, are also eligible to apply for emergency loans.

The deadline to apply for emergency loans is Sept. 30, 2020.

FSA will review the loans based on the extent of losses, security available and repayment ability.



Parents Night for the Win-E-Mac girls basketball team was held recently. Parents were presents with tokens of appreciation from their kids before the start of the Patriot's Varsity game. Pictured is Alivia Winter with her parents, Greg and Vondria and sister, Danielle.

New job...

Continued from page 2....

Network responsibly

Always connect with people you think can bring career benefits in some way rather than blindly networking.

Keep your social media image professional as well, as you never know where a good lead or networking opportunity may come from.

Dress the part

If you're one of the lucky ones who earns an interview, keep the good momentum going by dressing in a manner that is appropriate for the role in which you are interviewing. Tidy hair, clean fingernails, minimal jewelry, classic attire, and a pleasant attitude can make a difference.

Do your research

Always conduct background research on the company you're interviewing with and the industry it's a part of. This way you'll be better apt to answer any questions that come your way.

Don't be afraid to also prepare questions that you can ask the interviewer to show your interest.

Consider temp jobs

Rejections will certainly happen as you go along, but do not sit idly licking your wounds. A temporary position is better than being unemployed and can get your foot in the door.

Work with a recruiter who may be able to place you in temp jobs, especially positions with an employer you have your eye on.

These tips and more can improve applicants' chances of getting a job.

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



Kallie Hand with parents, Jennifer Wang, and Ashley Hand (not present, dad, Ben Hand).



Liliana Jager and Sani Pasanen with parents, Host parents, Jason and Erika Beckett.



Taybryn Knutson with parents, Derick and Brandi Knutson and James and Tamsen Skala.



Rylee Haugen with her family. Mom and Dad, Jenny and Jason.

Polk County Public Notices

NOTICE

Notice is hereby given that a hearing has been set for March 27, 2020 at 9:30 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave., Crookston, Minnesota, to consider the application of Phil Knutson, 19368 445th Ave SW, EGF, MN 56721 for a Conditional Use Permit for an accessory structure larger than 2500 sq. ft. on a parcel of land less than 5 acres in size and described as: The South 264 feet of the Northwest Quarter of the Southwest Quarter of the Northeast Quarter (NW¼SW¼NE¼) of Section Twenty-four (24), Township One Hundred Fifty-one (151), North of Range Fifty (50) West of the Fifth Principal Meridian, parcel #59.00090.01. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. Dated: February 26, 2020 Jacob J. Snyder Planning & Zoning Administrator

M50C

NOTICE

Notice is hereby given that a hearing has been set for March 27, 2020 at 9:03 a.m. in the meeting room at Polk County Environmental

Services, 320 Ingersoll Ave., Crookston, Minnesota, to consider the application of Peter O'Neill, 2514 S 10th St, Grand Forks, ND 58201 for a Variance to reduce the setback off the OHWM from 100' to 30' for the replacement of an existing garage on a parcel of land located at: 16139 340th St SE, Mentor, MN 56736 and described as Lot Four (4), Block One (1), Hoveland's Addition in part of Government Lot Six (6), Section Thirty-five (35), Township One Hundred Forty-nine (149) North of Range Forty-three (43) West of the Fifth Principal Meridian, according to the Official Plat thereof now on file and of record in the office of the County Recorder in and for the County of Polk and State of Minnesota, parcel #32.00348.00. All property owners within 500 feet of the proposed Variance are invited to appear at said hearing. Dated: February 26, 2020 Jacob J. Snyder Planning & Zoning Administrator

M50C

NOTICE

Notice is hereby given that a hearing has been set for March 27, 2020 at 9:50 a.m. in the meeting room at Polk County Environmental

Services, 320 Ingersoll Ave., Crookston, Minnesota, to consider the **PRELIMINARY/FINAL PLAT** for RJ Zavoral & Son's Inc., 1706 Bygland Road SE, East Grand Forks, MN 56721, who wish to plat Zavoral Addition, which would create 8 new residential lots, which would encompass two existing parcels of land that are described as: That part of the East Half of the Northwest Quarter (E½NW¼) of Section 18, Township One 151 North, of Range 49 West of the 5th Principal Meridian, Polk County, Minnesota, described as follows: Beginning at the southwest corner of said East Half of the Northwest Quarter (E½NW¼); thence North 00 degrees 57 minutes 00 seconds West, assumed bearing, along the west line of said East Half of the Northwest Quarter (E½NW¼) a distance of 1138.95 feet; thence North 68 degrees 38 minutes 43 seconds East 130.03 feet to the southwesterly right-of-way line of Polk County Road Number 72 (formerly Minnesota Trunk Highway No. 220); thence South 40 degrees 13 minutes 19 seconds East, along said southwesterly right-of-way line a distance of 1517.20 feet to the south

line of said East Half of the Northwest Quarter (E½NW¼); thence South 88 degrees 35 minutes 27 seconds West, along the south line of said East Half of the Northwest Quarter (E½NW¼) a distance of 1079.35 feet to the point of beginning, **EXCEPT** that part of the East Half of the Northwest Quarter (E½NW¼) of Section 18, Township 151 North, of Range 49 West of the 5th Principal Meridian, described as follows: Beginning at the southwest corner of said East Half of the Northwest Quarter (E½NW¼); thence North 00 degrees 57 minutes 00 seconds West, assumed bearing, along the west line of said East Half of the Northwest Quarter (E½NW¼) a distance of 45.00 feet; thence North 88 degrees 35 minutes 27 seconds East parallel with the south line of said East Half of the Northwest Quarter (E½NW¼), a distance of 1042.79 feet to the southwesterly right-of-way line of Polk County Road Number 72 (formerly Minnesota truck Highway No. 220); thence South 40 degrees 13 minutes 19 seconds East, along said southwesterly right-of-way line a distance of 57.75 feet to the south line of said East Half of the Northwest Quarter (E½NW¼); thence South

88 degrees 35 minutes 27 seconds West, along the south line of said East Half of the Northwest Quarter (E½NW¼), a distance of 1079.35 feet to the point of beginning; **AND** That part of the East Half of the Northwest Quarter (E½NW¼) of Section 18, Township 161 North, of Range 49 West of the 5th Principal Meridian, Polk County, Minnesota, described as follows: Commencing at the southwest corner of said East Half of the Northwest Quarter (E½NW¼); thence North 0 degrees 57 minutes 00 seconds West, assumed bearing, along the West line of said East Half of the Northwest Quarter (E½NW¼), a distance of 1138.95 feet to the point of beginning; thence North 68 degrees 38 minutes 41 seconds East 130.0 feet to the southwesterly right-of-way line of Minnesota Trunk Highway 220; thence northwesterly along said southwesterly right-of-way line to the intersection of the west line of said East Half of the Northwest Quarter (E½NW¼); thence southerly along said west line of the East Half of the Northwest Quarter (E½NW¼) to the point beginning, **parcel #40.00137.00** **AND** That part of Government Lots 1 and 2, Section

18, Township 151 North, Range 49 West of the 5th Principal Meridian, Polk County, Minnesota, described as follows: Commencing at the southeast corner of said Government Lot 2, thence North 0°57'00"W west, assumed bearing, along the East line of said Government Lots 1 and 2 a distance of 430.00 feet to the point of beginning, thence continuing North 0°57'00" West along said east line of said Government Lots 1 and 2 a distance of 466.82 feet, more or less, to the southeast corner of the tract conveyed in Document No. 599178; thence South 89°03'00" West a distance of 558 feet, more or less, to the thread of the coulee running northerly through said Government Lots 1 and 2; thence southerly along said coulee thread to the intersection of a line bearing South 88°14'00" West from the point of beginning; thence 88°14'00" East 520 feet, more or less, to the point of beginning, **parcel 40.00154.00**. All property owners within 500 feet of the proposed plat are invited to appear at said hearing. Dated: February 26, 2020 Jacob J. Snyder Planning & Zoning Administrator

M50C



Emily Strom with parents, Sarah and Matt and brother, Owen.



Ava Howard and her parents, Katherine and Joel.



Savahanna Svalen with her parents Joey and RaeAnn.



Win-E-Mac Community Ed will offer Drivers Education Classroom instruction beginning March 2, 2020 from 3:15-6:15 P.M. The classes will be held at the Win-E-Mac School. Instruction will be held on the following dates: March 2, 3, 4, 5, 6, 9, 10, 11, 12, 13, and the 16th as a make-up day. Students are expected to complete 30 hours of required instruction. The cost per student for this class is \$60.00 and should be sent in with this registration form by Wednesday, February 26th. Students who enroll in Drivers Education Classroom need to be 15 years old by June 1. This class and the written Driving Exam need to be completed before Behind the Wheel Instruction can take place. The class size will be limited to 20 students. The oldest will be given the first chance and the remaining openings will be filled on a first come first serve basis. There will be a supplemental parental course for the primary driving supervisor. The course will be 90 minutes and cover GDL information, safety risks for teen drivers, potential adult influence on teen driving behavior and additional resources. The parent class will be Thursday, February 27th from 6-7:30 in Mr. Hanson's classroom.

Sophomores and juniors interested in a leadership experience should consider **CAMP RYLA**. This youth experience has hands-on active learning and sessions to build on your leadership skills. The camp is held July 12-18 on the

Campus of University of Minnesota Crookston. It's free thanks to your local Rotary Club. Create lifelong relationships across the district. Students from WEM have found this to be a meaningful camp and have recommended it for others. Applications are available online at district5580ryla.org Talk to Mrs. Jore for more information.

Prom is May 2nd! Complete sign-up by April 15, 2020 ~ all prom attendees and their guests must be sign-up and pay attendance fee ahead of time.

Win-E-Mac seniors/juniors are invited to attend the prom with a guest who is a sophomore or older in school or out of school but no older than 20 years of age.

Each individual attendee's \$15 cover fee needs to accompany sign-up. Fee is to offset costs (food and beverages included). All prom grand march attendees are expected to wear formal attire. Sign-up sheets available in Mrs. Winter's room.

WEM ECFE



Preschool Screening

Win-E-Mac preschool screening will be held Monday, April 6 in the Bjella Building in McIntosh. Preschool Screening is open to all children who are three years old and up who have not been screened. Children must be screened before entering Kindergarten. You must make an appointment to be screened. You can make an appointment by calling Heather Earls at the school 218-563-2900 or cell 218-689-0605.



Kiersten Anderson with parents Leah and Ambrose Anderson.



Ella Strom with dad, Toby and sister, Mya. (Not pictured, Mom, Jessica)



Alyssa Morberg with parents, Rachel and Dan.



Grace Kaupang with parents Vance & Terri, sister, Lauren and brother Jackson.



Felicity Address with parents, Mae and Mel Knowles.



Kianna Tadman with parents, Stacy and Jim and sister, Sydney.



Sydney Svalen with parents Shannon and Jason and brother, Cameron.

The dangers of added sugars

Sugar is often seen as a guilty pleasure that's only to be enjoyed on rare occasions. But that reputation is not entirely accurate, as sugar is naturally occurring in many healthy foods, including fruit.

Naturally occurring sugars do not pose a threat to overall health. However, added sugars, which the American Heart Association notes can be found in soft drinks, candy, pies, and fruit drinks, can contribute to weight gain. Obesity is a risk for cardiovascular disease, which means that added sugars can adversely affect heart

health.

One of the difficulties with added sugars is that they are often present in foods and beverages generally considered healthy. Fruit juice, for example, seems like a healthy addition to any diet. However, the AHA notes that many juices contain added sugars from fruit juice concentrates. Such juices may not be seen as such, but they can be as compromising to one's overall health as soft drinks or other beverages generally considered to be unhealthy.

The AHA acknowledges that part of the difficulty with navigating one's way through added sugars is that these unhealthy additives go by many names. The Harvard Medical School notes that added sugars are not currently listed on Nutrition Facts labels, though they are listed among the ingredients on food packaging. Both the AHA and the HMS recommend scanning ingredients lists for words that end in "ose," such as fructose, dextrose, glucose, and maltose. Those are some examples of added sugars, as are high fructose corn syrup, molasses, corn sweetener, syrup, and honey.

The AHA recommends limiting consumption of added sugars and offers guidelines for both men and women. Men should limit their added sugar consumption to a maximum of nine teaspoons per day, while women should not consume more than six teaspoons per day.

Understanding the dangers of added sugar can help men and women protect their overall health and lower their risk for cardiovascular disease. More information is available www.heart.org.